Colonoscopy

Appointment Information:

Patient Name: _________________________________________

MRN: ________________________________________________

Physician Name: _______________________________________

Location: _____________________________________________

For information on Directions, please visit:  
Or call 617-732-5500 and press Option 4.

Please review the enclosed preparation sheet, and complete the attached patient questionnaire. Be sure to bring the questionnaire with you on the day of your procedure.

Instructions for Colonoscopy:

Welcome to Brigham and Women’s Endoscopy Center. You have been scheduled for a procedure called a colonoscopy. This procedure takes about 45 minutes. You should plan to spend approximately 3 hours in our Endoscopy Center.

Please be aware that the 75 Francis Street Endoscopy Center closes at 6 pm and the 850 Boylston Street Endoscopy Center closes at 4:30 pm. Please make sure that your ride is available to escort you home no later than the closing time.

We want your stay to be as pleasant and safe as possible.

PLEASE READ NOW AND FOLLOW THESE INSTRUCTIONS ENTIRELY.

For more information please visit: www.brighamandwomens.org/endoscopy
Updated February 2012
Colonoscopy with possible biopsy or polypectomy

What is a Colonoscopy?

A colonoscopy (koh-luh-nos-kuh-pee) is a simple test that allows your doctor to look inside your large intestine, also called the colon. Diseases such as cancer can be discovered very early with a colonoscopy.

A colonoscopy is done with an instrument called a colonoscope. This is a narrow flexible tube that goes into your rectum and colon. Your doctor can look inside your colon to:

- Remove polyps
- Stop any bleeding
- Take samples of abnormal areas, also called a biopsy

Risks

Colonoscopy is a very safe procedure. However, there are some risks or problems that can occur with the test and medication used.

Mild problems that can occur are:

- Bloating
- Abdominal cramps
- Reaction to the medications, such as inflammation of the vein at the IV site, temporary slowing of the heart rate or breathing, or drop in blood pressure
- Pain

Serious medical problems occur rarely. Serious problems that can occur include:

- Tear in the wall of the colon called a perforation. If this occurs, it is generally treated with hospitalization and antibiotics or surgery.
- Bleeding may also occur. Blood transfusions as well as other treatments may be needed to stop the bleeding. In rare cases, a lot of bleeding can occur after a biopsy. If a polyp is removed, the risk of a tear or bleeding is increased

Although colonoscopy is generally an accurate examination, it is possible that an abnormality may not be detected.
Other Test Options

Other test options include x-ray studies and surgery. Colonoscopy may provide information that cannot be seen by x-ray. During a colonoscopy, a polyp can be removed or a sample of an abnormal area called a biopsy can be taken, which cannot occur during an x-ray. Surgery to remove polyps is a considerably higher risk procedure.

For Questions or More Information

- For information or questions, please call 617-732-7426.
- If you have any medical questions, call the endoscopy triage nurse at 617-525-6814.
- If you have to cancel, please call the Endoscopy Center at 617-732-7426. Notify your doctor as well.

Necessary Steps BEFORE You Start to Prepare for Your Procedure

1. Call your insurance company and ask if the colonoscopy procedure is covered for the reason given by your doctor.
2. Ask your insurance company if you need a referral for the colonoscopy. If they say yes, you MUST get a referral from your primary care physician.
3. Update your registration by calling 1-866-489-4056.
4. Make plans for someone to come with you to your colonoscopy procedure. During the procedure you will receive medicine that will make you drowsy. You will not be able to drive afterwards. Please have someone available to drive you home or accompany you home in a taxi or on public transportation after your procedure.

If you do not have someone to take you home, we CANNOT do your colonoscopy.

Please reschedule your appointment.
During the Colonoscopy

- An intravenous (IV) line will be put in your arm. You will be given medications though the IV that will help you relax and may make you drowsy.
- You will lie on your left side with your knees bent for the colonoscopy.
- The doctor will insert the colonoscope into your rectum and colon.
- You may feel some stomach discomfort or cramping. This will go away.

After Your Procedure

- You may feel drowsy for a short time after the procedure.
- You will go to the recovery area for at least 45 to 60 minutes.
- Your blood pressure and heart rate will be checked.
- You will have to pass gas before you go home.

At Home

- You may have some abdominal bloating after the procedure.
- You may have a small amount of blood from the rectum.
- For the rest of the day you may feel drowsy. You should plan to rest.
- Do not drive.
- Do not make any important decisions.
- You may eat your usual diet after the procedure unless otherwise directed by doctor.
- You may return to work the next day and resume your normal activities.
MIRALAX COLONOSCOPY PREPARATION

APPOINTMENT DATE: ___________________________ ARRIVAL TIME: ___________________________

☐ Brigham and Women's Hospital Endoscopy Center
75 Francis Street
Amory Building, 2nd Floor
Boston, MA 02115

☐ Brigham and Women's Outpatient Endoscopy Center
850 Boylston Street (Route 9)
2nd Floor, Suite 202
Chestnut Hill, MA 02467

PLEASE NOTE THAT THIS IS IN CHESTNUT HILL, NOT BOSTON

If you need to reschedule your appointment, please call the Endoscopy Center at 617-732-7426.
If you have any questions regarding the procedure and preparation, please call our Endoscopy Triage Nurse at 617-525-6814.

PLEASE READ NOW AND FOLLOW THESE INSTRUCTIONS ENTIRELY:

Two Weeks Before the Procedure:
• If you take Plavix, Coumadin or any other blood thinning medications please discuss it with the doctor who prescribed it.
• If you are a diabetic, please talk to your doctor or call the endoscopy triage nurse at 617-525-6814 about how to take your medication in order to prevent low blood sugar.

One Week Before the Procedure:
• Start a LOW fiber diet for at least 5 days prior to your procedure. See attached.
• Do not take iron for at least 5 days prior to your procedure.
• Purchase 2 Crystal Light (32 oz. each) or 2 Gatorade (32 oz. each) of any color except red.
• Purchase 2 Dulcolax LAXATIVE tablets and a 238 gram bottle of MiraLax from the pharmacy. No prescription is needed.
• Purchase 1 Fleet saline enema from the pharmacy. No prescription is needed.
• If you do not regularly have a daily bowel movement, you need to purchase additional MiraLax and take 17 grams once daily for the week prior to the procedure.

One Day Before the Procedure:
• DO NOT EAT FOOD. DRINK CLEAR LIQUIDS ONLY.
• Drink as much clear liquid as possible throughout the day. Water, tea, coffee (no milk or cream), soda, broth, clear juice, popsicles, and JELL-O are examples of clear liquids. DO NOT INGEST RED LIQUIDS.
• Between 2 and 4 p.m. take 2 Dulcolax tablets with a full glass of water.

If Your Procedure is Scheduled BEFORE 11 AM in the Morning:
• Three hours after taking the Dulcolax, mix HALF of the bottle of MiraLax into the first 32 oz. of Crystal Light or Gatorade and the other HALF of the bottle of MiraLax into the second 32 oz. of Crystal Light or Gatorade. Shake the solution until MiraLax is dissolved. Drink 8 oz. every 10-15 minutes until the entire solution in BOTH bottles is gone. The solution will cause you to have loose stools, which is the expected result. Even if you have liquid diarrhea, please continue taking it. You may have nausea while drinking the solution, but you should drink all of it to ensure an adequate preparation. Continue drinking clear liquids until bedtime.

If Your Procedure is Scheduled AFTER 11 AM in the Morning:
• Three hours after taking the Dulcolax, mix HALF of the bottle of MiraLax into the first 32 oz. of Crystal Light or Gatorade and the other HALF of the bottle of MiraLax into the second 32 oz. Shake the solution until MiraLax is dissolved. Drink 8 oz. every 10-15 minutes until the entire solution in the FIRST bottle is gone. The solution will cause you to have loose stools, which is the expected result. Even if you have liquid diarrhea, please continue taking it. You may have nausea while drinking the solution, but you should drink all of it to ensure an adequate preparation. Continue drinking clear liquids until bedtime.
• The NEXT morning, at least 5 hours before the procedure is scheduled, drink the SECOND bottle of 32 oz. Crystal Light or Gatorade. Drink 8 oz. every 10-15 minutes until the entire solution in the SECOND bottle is gone.

The Morning of the Procedure:
• DO NOT EAT FOOD. You may continue drinking clear liquids but MUST STOP 4 HOURS BEFORE THE PROCEDURE.
• You may take your regular medications unless otherwise instructed by your doctor, with sips of water. Other than this, have NOTHING AT ALL BY MOUTH 4 HOURS BEFORE THE PROCEDURE or your procedure will need to be CANCELLED.
• Your stool should be clear. If it is not, use 1 Fleet saline enema as instructed on the box.
• In order for your procedure to be performed, you must arrange for an adult to meet you in the Endoscopy Center and either drive you home or accompany you in a taxi or on public transportation. Your ride must be flexible, as procedures can run longer than expected. You cannot be discharged from the Endoscopy Center until your ride arrives to accompany you home.

For more information please visit: www.brighamandwomens.org/endoscopy

Updated February 2012
Low-Fiber Diet

A low-fiber diet limits the amount of food waste that has to move through the large intestine.

**PLEASE FOLLOW THIS DIET FIVE DAYS PRIOR TO THE PROCEDURE**

<table>
<thead>
<tr>
<th>Foods Recommended</th>
<th>Foods to Avoid</th>
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</thead>
<tbody>
<tr>
<td><strong>Breads, Cereal, Rice and Pasta:</strong></td>
<td><strong>Breads, Cereal, Rice and Pasta:</strong></td>
</tr>
<tr>
<td>• White bread, rolls, biscuits, croissants and melba toast</td>
<td>• Breads or rolls with nuts, seeds or fruit</td>
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<tr>
<td>• Waffles, French Toast and pancakes</td>
<td>• Whole wheat, pumpernickel, rye breads and corn bread</td>
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<tr>
<td>• White rice, noodles, pasta, macaroni and peeled cooked potatoes</td>
<td>• Potatoes with skin, brown or wild rice and kasha (buckwheat)</td>
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<tr>
<td>• Plain crackers and Saltines</td>
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<tr>
<td>• Cooked cereals: Farina, Cream of Wheat</td>
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<tr>
<td>• Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes and Special K</td>
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<td><strong>Vegetables:</strong></td>
<td><strong>Vegetables:</strong></td>
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<tr>
<td>• Tender Cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans</td>
<td>• Raw or steamed vegetables</td>
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<tr>
<td>• Raw or steamed vegetables</td>
<td>• Vegetables with seeds</td>
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<tr>
<td>• Vegetables with seeds</td>
<td>• Sauerkraut</td>
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<td></td>
<td>• Winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, peas and corn</td>
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<tr>
<td><strong>Fruits:</strong></td>
<td><strong>Fruits:</strong></td>
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<tr>
<td>• Strained fruit juice</td>
<td>• Prunes and prune juice</td>
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<td>• Canned fruit, except pineapple</td>
<td>• Raw or dried fruit</td>
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<tr>
<td>• Ripe bananas</td>
<td>• All berries, figs, dates and raisins</td>
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<tr>
<td>• Melons</td>
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<tr>
<td><strong>Milk/Dairy:</strong></td>
<td><strong>Milk/Dairy:</strong></td>
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<tr>
<td>• Milk, plain or flavored</td>
<td>• Yogurt with nuts or seeds</td>
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<td>• Yogurt, custard and ice cream</td>
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<td>• Cheese and cottage cheese</td>
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<tr>
<td><strong>Fats, Snacks, Sweets, Condiments and Beverages:</strong></td>
<td><strong>Fats, Snacks, Sweets, Condiments and Beverages:</strong></td>
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<tr>
<td>• Margarine, butter, oils, mayonnaise, sour cream and salad dressing</td>
<td>• Nuts, seeds and coconut</td>
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<tr>
<td>• Plain gravies</td>
<td>• Jam, marmalade and preserves</td>
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<tr>
<td>• Sugar, clear jelly, honey and syrup</td>
<td>• Pickles, olives, relish and horseradish</td>
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<tr>
<td>• Spices, cooked herbs, bouillon, broth and soups made with allowed vegetables</td>
<td>• All desserts containing nuts, seeds, dried fruit, coconut or made from whole grains or bran</td>
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<tr>
<td>• Coffee, tea and carbonated drinks</td>
<td>• Candy made with nuts or seeds</td>
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<tr>
<td>• Plain cakes and cookies</td>
<td>• Popcorn</td>
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<tr>
<td>• Gelatin, plain puddings, custard, ice cream, sherbet and popsicles</td>
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<tr>
<td>• Hard Candy or pretzels</td>
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<tr>
<td>• Ketchup and mustard</td>
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<tr>
<td><strong>Meat and other proteins:</strong></td>
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<tr>
<td>• Ground, well-cooked tender beef, lamb, ham, veal, pork, fish, poultry and organ meats</td>
<td>• Tough, fibrous meats with gristle</td>
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<tr>
<td>• Eggs</td>
<td>• Dry beans, peas and lentils</td>
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<tr>
<td>• Peanut butter without nuts</td>
<td>• Peanut butter with nuts</td>
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<td>• Tofu</td>
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Brigham and Women’s Endoscopy Center:
Patient Questionnaire

Please bring **COMPLETED** form with you on the Day of Your Procedure

NAME______________________________________________________________

NAME of person bringing you home ________________________________Tel#________________________

- Procedure you are having: Colonoscopy [ ] Sigmoidoscopy [ ] Upper Endoscopy [ ]
  Other [ ]
- Did you take a Prep? yes [ ] no [ ]
- If yes, which one Miralax & Dulcolax [ ] GoLytely/NuLytely [ ] Magnesium Citrate [ ]
  Other [ ]

Reason for Procedure ________________________________________________

Current Medications, Prescription / Over the Counter

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<thead>
<tr>
<th>Medication Name</th>
<th>Dose</th>
<th>Last Time Taken</th>
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Personal Medical History

- Internal Defibrillator yes [ ] no [ ]
- Difficult Airway Intubation yes [ ] no [ ]
- Restricted Neck Movement yes [ ] no [ ]
- Facial Deformities yes [ ] no [ ]
- Glutaraldehyde/Cidex Allergy yes [ ] no [ ]
- Bleeding Disorder yes [ ] no [ ]

If you answered YES to any of the above conditions and they were not addressed at the time your procedure was scheduled
Please call the Endoscopy Triage Nurse @ 617-525-6814

For more information please visit: [www.brighamandwomens.org/endoscopy](http://www.brighamandwomens.org/endoscopy)

Updated February 2012
Personal Medical History Continued

Allergies
______________________________________________________________

If checked, please explain

High Blood Pressure [ ] ______________________  Liver Disease [ ] ______________________
Diabetes [ ] ______________________  Kidney Disease [ ] ______________________
Angina/Heart Attack [ ] ______________________  Thyroid Disease [ ] ______________________
Heart Problems [ ] ______________________  Anemia [ ] ______________________
Lung Disease [ ] ______________________  Arthritis [ ] ______________________
Sleep Apnea [ ] ______________________  Cancer [ ] ______________________
Stroke [ ] ______________________  Seizures [ ] ______________________
Other [ ] ______________________

Surgical History
______________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________

Please write additional pertinent information you would like to share with us in the space below